

# Sight loss:

## Helping you to help others during coronavirus

R N I B

See differently

**Here are a few quick tips to help you feel confident in supporting people with sight loss during this time.**

### Be aware

Not all blind and partially sighted people “look blind” (wear dark glasses, use a cane or a guide dog), so be mindful that it may not always be obvious.

### Social distancing

People living with sight loss will find it difficult to maintain social distancing, so keep this in mind when you’re interacting with them.

### Introduce yourself

If you think that someone needs help, just introduce yourself – a simple: “Hi I’m Steve, is there anything I can assist you with?” can go a long way.

### Don’t make assumptions

If someone does need help, let them tell you what they need – don’t assume they’re trying to cross the road when they’re actually wanting directions. **Just ask.**

### Guiding

If someone usually requires “traditional” guiding, have an open conversation about safe alternatives.

### Talk naturally

Don’t be afraid of using “visual language” like “nice to **see** you” – just relax and be yourself – you’ll feel awkward if you try to censor yourself.

### Use verbal communication

Saying “Go over there” while pointing means very little to someone who can’t see where “there” is. Try and be specific, for example “Your glass is at 2 o’clock”, or “The card machine is above your right hand”.

### Sight loss is a spectrum

We all see differently, so get to know the people you’re working with; some might need help reading things, while others just want guiding – for those with very low vision, you may need to say when you’re leaving so they know you’ve not just gone quiet!

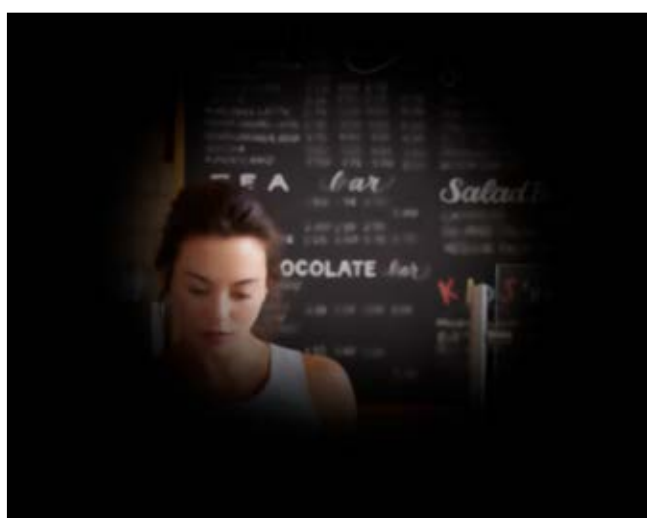
**Remember, we’re all individuals.**



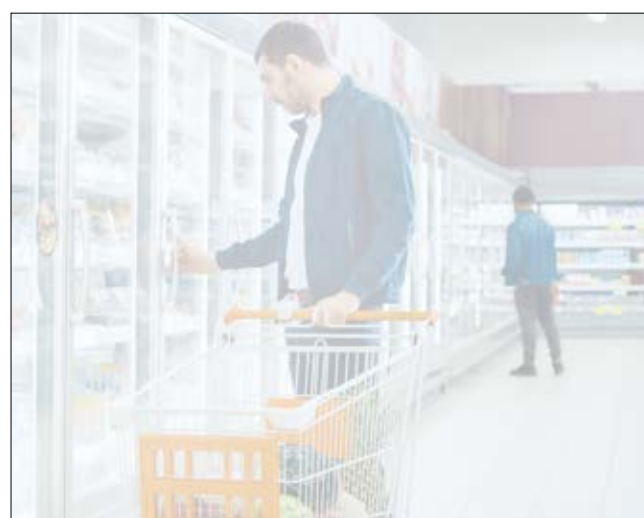
For further information, visit **[rnib.org.uk](https://www.rnib.org.uk)**

## The spectrum of sight loss

When we use the term 'sight loss', many people assume this means no vision at all. But in reality, 93% of blind and partially sighted people can still see something. Here are just a few examples of how people with sight loss might see.



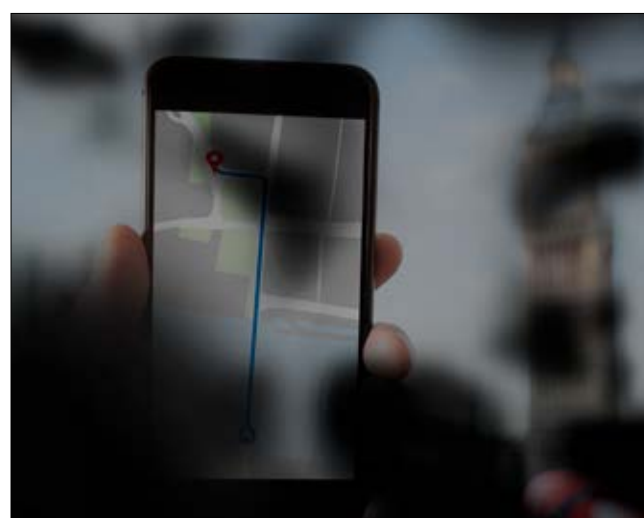
Retinitis Pigmentosa



Cataracts



Age-related Macular Degeneration (AMD)



Diabetic Retinopathy

# Faces of sight loss

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**Sight loss doesn't come in a specific package or mould. All the people you see here are different ages, ethnicities and genders, but they all have one thing in common – they have sight loss.**

